

KETO NEWS

Medical University of South Carolina

Fall Edition 2016

Holiday Planning

The holiday season is here again! Whether you're a ketogenic holiday expert, or a newcomer, we hope this newsletter provides helpful ideas and tips. Holidays typically include celebrations, and food tends to be the main focal point; either by family tradition or religious affiliations. While it is important to include holiday spirit into keto meals/snacks, keep in mind that there are non-food related holiday traditions as well. Although it is difficult to accommodate a ketogenic diet during the holidays, it is not impossible!

Tips to Ease Holiday Stress

- Talk to your dietitian for any recipes that you may need well before the time you need them.
- Make the recipes in advance to ensure that they taste good and travel well.
- For holiday events find out what will be served ahead of time so that you can find keto-variations to match what everyone else will be eating.
- Make a few batches of keto treats to have handy over the holidays so that you can provide them for your child at school parties and/or family get-togethers when other kids are enjoying treats.

Holiday Keto Blogs

[Tips for Managing Your Child's Ketogenic Diet Over the Holidays](#)

[A Keto Mom's Tips for Managing the Holidays on the Ketogenic Diet](#)

Focus on non-food related activities this holiday season. Crafts such as ornament decorating or candle making can help spread holiday cheer. Check out [Glow Stick Bowling](#) submitted by one of our keto families.



Healthy fat sources are key to a successful ketogenic diet

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Pumpkin recipes are an easy addition to keto plans.

KetoVie Café Cinnamon Donut Delights

A sweet and delicious dessert snack that is a 3:1 ketogenic ratio. You can add it to any meal as a dessert or have one or two for a special treat.



Featured Recipe: Pumpkin Spiced Trifle

Ingredients:

28 grams or 1 [Cinnamon Donut Delight](#)
14 grams or 1 tablespoon canned pumpkin
14 grams or 1 tablespoon cream cheese
11 grams or 1 scant tablespoon butter
1 packet or 3.5 grams Truvia®
0.5 grams or a pinch of cinnamon or pumpkin pie spice
5 grams or (1 teaspoon) un-whipped 36% heavy cream

Directions

Crumble the [Donut Delight](#) in a small zip top bag, combine the pumpkin puree, cream cheese, butter, and Truvia®. Zip the bag closed and squeeze the baggie to combine all the ingredients. Snip the corner of the bag to squeeze out all of the puree. In a small parfait glass, place a layer of donut followed by the pumpkin mixture. Add the rest of the donut crumbs, then top with the whipped cream. Sprinkle with cinnamon and serve.

Nutrition Facts

Servings 1: 4:1 ratio; Calories 286; Total Carbs 6.7 grams; Net Carbs 3.8 grams; Protein 3.3 grams; Fat 28.6 grams

iSi® Easy Whip

Looking for an easy and convenient way to make whipped cream in a only a few seconds?

Check out the iSi® Easy Whip product line. This handy kitchen tool will take heavy cream to a whipped consistency in just a few seconds and can be refrigerated for up to 10 days.



Easy Whip Mini PLUS

Lab Reminder

Have you gotten your labs done recently?

Most patients need ketogenic diet labs done every 3 months in order to prevent or treat any side effects and to make sure you are obtaining the full benefit of the diet.

If you have not done your labs in more than 3 months, please contact us at 843-792-3307 to see what labs are needed at this time.

New Cookbook

Pre-order the newest ketogenic diet cookbook on [Amazon](#).



Please check with your dietitian to include these recipes into your individualized plan.



Sick day management is an important part of your overall ketogenic diet plan.

Flu Season is Here

It's that time of year again when the sniffles, colds and flu bugs are out in full force. Despite your best prevention methods, an illness may sneak up on you. Be prepared and follow the sick day plans provided by your epilepsy team. Check out these tips to help make sick days more manageable.

Tip #1. Hydrate.

Encourage fluids to avoid dehydration. Use water or calorie free beverage choices. Diluted Powerade Zero can be used as an electrolyte replacement if needed. Refer to the Charlie Foundation's list of [Low Carb and Carb-Free Products](#) for more beverage options. Signs of dehydration include decreased urine output, dry eyes and dry lips.

Tip #2. Maintain diet if possible.

As long as the diet is tolerated, continue the diet as prescribed. If nausea, vomiting or diarrhea are a problem, you can follow your sick day plans of Pedialyte® for 24 hours. Then slowly work your way back to your regular ketogenic diet plan. Contact your keto team if meals or fluids are not tolerated greater than 24 hours.

Tip #3. You may see lower ketones during an illness.

Lower ketosis is common during times of illness. This is due to the body's natural process to generate more glucose for energy to fight the infection. This response is temporary and you can expect to be back on track once the illness has passed.

Tip #4. Double check any new medications with your keto team.

Be sure that any over the counter medications or new prescriptions from your general practitioner are in tablet form to prevent excess carbohydrates.

Tip #5. Avoid becoming excessively ketotic.

If meals are not tolerated over an extended period of time, it is possible to become excessively ketotic. Signs of excess ketosis include rapid breathing, fussiness, nausea, unusual tiredness and facial flushing. If meals are not tolerated, replace fluids with Pedialyte® which should prevent excess ketosis. However, if you notice signs of excess ketosis, give 30 mL of juice and repeat every 15 minutes until symptoms resolve. Go to the local ED if symptoms do not resolve.

If you do not have a sick day plan, contact your dietitian.



Haven't been to clinic recently? Call us at 843-792-3307 to schedule an appointment.

Clinic Updates

Starting in 2017 we will be standardizing our pediatric ketogenic diet program to allow for improved patient access and streamlined care. We are hoping to expand access to the ketogenic diet across the state of South Carolina. In order to achieve these goals we will be implementing several changes to better utilize staff time and resources.

- We will have a specialized ketogenic diet clinic that will be staffed by Laura Dority MS RD, Dr. Samir Karia and Natalie Foster FNP. This clinic will be held Tuesday mornings. All ketogenic diet patients will be encouraged to schedule in this clinic.
- Patients will be encouraged to get lab work done prior to their appointments so that we can review and make changes as needed during the clinic. This will take some time to coordinate so please be patient with us during this transition.
- Ketogenic friendly treats will be available in keto clinic (Tuesday AM) so please be sure to ask for the week's special tasty treat.
- We will be offering ketogenic diet initiations (for new patients) and follow-up EEGs (for current patients) one week a month. This will be our designated ketogenic admit week and will allow us to have group classes and educational opportunities. This is only for new patient starts and 24 hour EEG scheduling. All 1 hour and 6 hour EEGs will be scheduled normally.
- Quarterly classes will be available for patients not currently on the diet but interested in dietary therapy for epilepsy. This will be a great opportunity to learn about this effective and specialized therapy in a group setting.
- **Personal e-mails will no longer be accepted.** Please use the My Chart or phone system for any questions or concerns. If you need help setting up your My Chart, please ask at your next visit.

Keto Hope Foundation

The Keto Hope Foundation is a new non-profit organization dedicated to families with children on the ketogenic diet. The foundation is committed to advancing the success and access of the ketogenic diet by supporting families and expanding nutritional options.

Mission: Advancing the ketogenic diet for treatment of pediatric epilepsy one family at a time.

Current Initiatives:

Keto Friends – The Keto Friends initiative connects new ketogenic diet families to a network of experienced parents for educational and emotional support. With the help of healthcare providers across the country, the Keto Hope Foundation has established a network of experienced support parents and families who are eager to help.

Keto Bakery – Scheduled to open end of November.



www.ketohope.org

Cognitive and Behavior Impact of the Ketogenic Diet

A recent study from the Netherlands that was published in *Epilepsy and Behavior* evaluated the ketogenic diet and the impact on behavior, learning, and memory independent of seizure activity. Parents often report that after their child is started on the ketogenic diet they are performing better in school and overall have better focus, calmness and improved behavior. As healthcare providers we often focus solely on the seizure benefits of the diet but behavioral and quality of life improvements are important too! This study looked at not just seizures but also scales of mood, behavior, vocabulary, emotions, and memory on 28 children at baseline and then 4 months after ketogenic diet therapy. Check out the highlights of this study below and be sure to let us know if the ketogenic diet is leading to any improvements in behaviors for you or your child. We may forget to ask you this specifically at your appointments but it doesn't mean it's not important. We want to celebrate with you in all victories; no matter how big or small!

Study highlights:

- Patient using the ketogenic diet are reported as more active and productive.
- Less anxiety and mood problems are reported in children using the ketogenic diet.
- Improvement of activation in cognitive functioning during the ketogenic diet is seen.
- The ketogenic diet has no negative impact on behavior and cognition in childhood.

Ijff DM, Postulart D, Lambrechts DAJE, Majoie MHJM, de Kinderen RJA, Hendriksen JGM, Evers SMAA, Aldenkamp AP. Cognitive and behavioral impact of the ketogenic diet in children and adolescents with refractory epilepsy: A randomized controlled trial. *Epilepsy Behav* 2016; 60:153-157.

Kossoff E. Food for thought: The ketogenic diet improves thinking and behavior. August 2016. <http://www.epilepsy.com/article/2016/8/food-thought-does-ketogenic-diet-improve-thinking-and-behavior>

Keto Wear

Check out www.ketogoods.com for kid and adult sized t-shirts that support and encourage ketogenic diet therapy. Prices range from \$16-\$20 and sizes start at 2T and go up to adult X-large. Proceeds from each order go to support research and efforts for the ketogenic diet and pediatric epilepsy .



Contact Us

Give us a call with any questions or concerns about ketogenic diet therapy.

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